

mechanical restraint. The patient thus medicated is like a ship moored by sheet-anchors, or a citadel captured by a "subtle and dangerous" enemy, blocking the way to ultimate recovery. The cerebral molecules are in a bondage like that of "bands of iron." The doctor can only await for these "captives" to "assert their liberty" (245).

For the benefit of his readers, and to support the tenor of his own argument, Clark quotes from Dr. Mortimer Granville's *Care and Cure of the Insane* (Vol. 2, 2nd ed, 1877) and offers an "epitome" of the observation of one Dr. Raynor, Superintendent of the Male Department at Harwell and Lecturer on Psychological Medicine in Middlesex Hospital, London. The former characterizes a system of parole and total non-restraint, alleged to be flourishing in Scotland, as "loose ... without the power of truth or self-government on the part of the patient" (245) and, emphasizing the understatement with italics, "unreasonable" (ie., mad). The latter, as epitomized by Clark, opposes medicinal treatment on the grounds that it that does not exert "a direct curative action," it injures the brain and prevents its nutrition, it "irrationally" and "unjustifiably" allays excitement to save trouble, and its prolonged use develops "the most degrading and intractable forms of insanity that our Asylums contain" (246). Clark concludes by presenting himself as a rather heroic dissenter, opposing "the expressed opinions of 'many mighty men'" (246), historically (and rather unheroically) caught in the middle between extremes of old-fashioned "barbarism" and the "unwise and indiscreet sentiment" of contemporaries whom he likes to call "hobbyists" (246).¹⁰

Considering that total non-restraint appears to work in Britain, but could not possibly succeed at the Asylum with its "goodly number of maniacal cases ... who would make it lively for officers and attendants," he speculates that North American insanity, like everything else, must be more vigorous than the European variety, perhaps because of everything else North American. North Americans eat, move, think, live, age, and go mad faster and more vigorously than their European cousins. Their "physical system" resembles a steam engine, maybe like one of those that Clark complained disturbed the quiet of the Asylum night and vivisected its farm, "with more steam on than is safe" (246). What drives them insane, only makes them crazier upon arrival:

This "high-pressure" life may give to our maniacal patients a violence and even savagery, not seen in British Asylums. The